Ellison Key concepts - PSHE

At Ellison Primary Academy the children learn through a concept-based curriculum allowing them to learn beyond solely the topic facts. Concepts or 'big ideas' allow children to make connections between their learning and in turn gain a deeper understanding allowing them to make sense of the facts and the world around them. As part of our conceptual curriculum we involve the use of specific key questions which focus upon factual, conceptual and debatable content. Concepts are returned to throughout the Year Groups to ensure children have a clear understanding of them and enabling them to be held within their long-term memory.

Please find below are a list of concepts that the children at Ellison Primary Academy focus upon in PSHE and our reasoning behind their choice. Each concept is explored within each year group, although the unit of study varies between each year, meaning each concept is looked at in varying levels of depth. Certain units lend themselves to each concept, and you can see this below.

Concept	Why learn about this concept?	Unit in which concept is explored.
Identity and belonging	For children studying PSHE, having a sense of identity is key within all units. Children begin to understand their own identity and the factors that create this, which then allows them to think about the identity of others. This helps children to understand that everybody has their own identity, which means that everybody is unique. Children need to grasp this concept to enable them to feel accepted within their own societies and understand how we are different to those around us.	Being me in my world.
Asking for help	As much as we value children learning in an independent manner, by asking for help, children reinforce their knowledge, develop their knowledge, and seek reassurance in their own thoughts and ideas. Children should feel confident asking for and accessing help, and not see it as failing to succeed. Asking for help allows children to work together, share ideas and grow and develop their thoughts, ideas and beliefs in a way they are unable to do independently.	Being me in my world. Celebrating difference.
Similarities and differences	Throughout the Jigsaw programme, children look at how we are all different. They understand that difference should be celebrated, and being unique is what makes us all special. There are many ways however in which we are all similar. We explore this concept so that children understand that there can be many similarities between us, for example, we go to the same school, we may have the same hair colour, and even the same name – but being different is the thing that keeps the world exciting. If everybody was the same, the world would be a dull place. We endeavour for children to appreciate what makes us similar, and celebrate our differences.	Celebrating difference.

Growth mindset	Having a growth mindset (the belief that you are in control of your own ability, and can learn and improve) is the key to success. As important as hard work, effort, and persistence are, they are not as important as having that underlying belief that you are in control of your own destiny. With this belief instilled in children, we believe the possibilities are endless. This is something we are keen for our children to believe themselves.	Dreams and goals.
Teamwork	Teamwork is the ultimate tool that will help children grow into strong, independent, friendly young people so that they are able to work well with others and be sociable. Children who participate in teambuilding activities inside and outside of the classroom develop a greater sense of social competency because they learn to correctly interpret and respond to their peers' needs. Teamwork allows children to explore each other's strengths, and work together to bring out to best in each member, ensuring success as a group.	Dreams and goals.
Self Esteem	Self-esteem is our opinion of our self and our worth. It's our perception of our value as a person, particularly in regard to our work and achievements. Having healthy self-esteem helps children in many areas of their life. They have the courage to try new things, like making new friends, trying a new activity, or challenging themselves. They believe in themselves and know that good things can happen when they try their best. They are able to positively reflect on the experience, knowing there may be room for improvement but if they've tried their best, their best is good enough.	Healthy me. Changing me.
Family	In modern Britain, young people are raised in a variety of households and families come in many different forms. The changing nature of relationships and family life means that it is important for children to understand that they have the right to choose a partner, that there are different types of committed relationships, with different rights, responsibilities and legal status.	Relationships.
Friendships	The people we bring into our lives as friends will show us how to forgive, laugh and make conversation. The basic components of any relationship are all founded in friendship. We learn how to interact with people because of our friends, even the ones that are opposite from us or share a different view. Children need to understand that friendships can be challenging. They explore what a good friend looks like, but also what makes a bad friend. Exploring friendship gives children the tools they need to make wise decisions about making friends and being a good friend.	Relationships
Lifecycles	Life cycles are all around us. They are part of us and part of every living thing. Explaining and illustrating life cycles can be an important milestone for children, helping them to learn how better to respect and care for those around them. This can be shown in a large number of ways and can help children to understand and deal with death, births, and everyday changes and growth around them.	Changing me.

Managing change.	Managing change means managing peoples fear's and worries about the unknown. Change is natural and good, but people's reaction to change can be unpredictable and irrational. Throughout all walks of life, change happens. Change can be a scary time for many people, and learning how to manage it ensures minimum disruption, anxiety and stress to the lives of those it is affecting. Children have many changes throughout their childhood, and learning to manage change at a young age will help support their understanding, giving them the tools and techniques they need to manage the symptoms brought on by changing times as they move into adulthood.	Changing me.